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## LIFESTYLE

We Hear!

## VANILLA YOGHURT MAKES US FEEL GOOD

Eating vanilla yoghurt with lower fat content gives people a stronger positive emotional response, says a new study. Researchers found that vanilla yoghurt elicited a strong positive emotional response, supporting previous evidence that a subtle vanilla scent in places like hospital waiting rooms can reduce aggression and encourage relationships among patients and between patients and staff.



# Too Little Sleep Equals Too Much Sugar

*Lack of sleep can cause metabolic stress*

**B**EYOND TEMPORARY MOOD disorders and tiredness, lack of sleep can inflict lasting damage on your body as researchers have found that insufficient sleep can increase the risk of diabetes, a chronic condition.

Lack of sleep reduces the body's sensitivity to insulin, impairing the ability to regulate blood sugar and increasing the risk of diabetes, the researchers explained.

"We found that when people get too little sleep it leaves them awake at a time

when their body clock is telling them they should be asleep," said the study's lead author Kenneth Wright, professor at University of Colorado Boulder in the US.

"And when they eat something in the morning, it impairs their ability to regulate their blood sugar levels," Wright noted.

The researchers looked at a small number of healthy men and women in their study. Half of the participants initially slept for up to five hours a night for five days. Then they slept for up to nine hours a night for five days. The other half com-

pleted the sleep conditions in the opposite order.

Blood tests later showed that those who slept five hours a night had a reduced sensitivity to insulin, which in time could increase the risk of getting diabetes.

But when they slept nine hours a night, oral insulin sensitivity returned to normal. Still, it was not enough time to restore intravenous insulin sensitivity to baseline levels. The findings suggest that lack of sleep causes metabolic stress.

The study appeared in the journal *Current Biology*. IANS

## ALIGN YOUR LIFE

## Moving On

**M**oving into a new home can be a daunting task. Piles of cartons and furniture, clothes all over the place and missing items for weeks. And yet, it's one experience that leaves you baffled and mentally cluttered. My current move was all of the above and more. However instead of seeing this experience as a headache, I saw it as an opportunity to do massive cleansing. It was time to let go and start afresh.

Clearing the clutter is one of the most important aspects of living in harmony. Feng Shui as such has no specific rules for clearing the clutter. However it does mention that hoarding unnecessary things will clog the energy. Therefore letting go of things before your big move is a good idea.

Go through your clothing. What are the items hiding in your closet for years and is yet to see the sunlight? Let it go. In all likelihood these items will not be worn and will continue to remain hidden.

How many pairs of shoes do you need to survive? This one question has helped me give away many shoes and clear the clutter from my shoe rack.

Let your kitchen be free of clutter. Extra unused pans, randomly bought mismatched plates, broken vase, old coffee jars - its time to say goodbye to them. If you have not used these for months then you are not likely to use them again. So clear out your kitchen junk before the move.

Then its time to look at books and dvd collections. Some books are worth cherishing or you are likely to read again. While some need to go. There are libraries around town where you can donate books. Many charities also buy old books and auction them to raise funds. It is time to say goodbye to your old books and let someone else read them.

Your children's old clothes and toys can also be given away to charities or families in need. All you have to do is go through all the items before you move so only what is required is going with you.

The rule of the thumb is - if anything is broken or not used; it needs to go. If you have many of the same items, then reduce the number. If it's not fitting then it's not worth keeping.

It's only when you let go of the old, that you can make space for the new to enter your life.

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